



Health and Wellness Center Travis Air Force Base Program Calendar

August 2005

Monday	Tuesday	Wednesday	Thursday	Friday
1 HLW 1300-1500	2	3 BCIP Follow-up 1430-1500 TC Class Orientation 1630-1730	4 HLW 1400-1600 TC Class 3 1630-1730	5 BCIP Class 2 1230-1430 FIP 1500-1630 FIP Follow-up 1530-1630
8 Nutrition 101 1030-1200 HLW 1300-1500	9 BCIP Class 1 1300-1500 *DM Exercise Basics* 1230-1330	10 TC Class 1 1630-1730 *Cholesterol Exercise Basics* 1315-1415	11 TC Class 4 1630-1730 *DM Exercise Basics* 1230-1330	12 FIP 1500-1630 FIP Follow-up 1530-1630
15 HLW 1300-1500	16	17 BCIP Follow-up 1430-1500 TC Class 2 1630-1730 *Cholesterol Exercise Basics* 1315-1415	18 TC Class 5 1630-1730	19 BCIP Class 2 1230-1430 FIP 1500-1630 FIP Follow-up 1530-1630
22 HLW 1300-1500	23 BCIP Class 1 1300-1500 *DM Exercise Basics* 1300-1400	24 TC Class 3 1630-1730	25 PTL Course 0800-1630 TC Class 6 1630-1730 *Cholesterol Exercise Basics* 1300-1400	26 FIP 1500-1630 FIP Follow-up 1530-1630
29 HLW 1300-1500	30			
The following classes are held on a monthly basis.				
KUDOS Meeting 1530-1700 Pregnancy Exercise Class 1600-1700	Pregnancy Exercise Class 0930-1030	Anger Management 1530-1700 Pregnancy Exercise Class 1600-1700	Pregnancy Exercise Class 0930-1030	Pregnancy Exercise Class 1600-1700

CLASSES WILL BE HELD AT THE HEALTH AND WELLNESS CENTER, BLDG 434, unless otherwise stated

Classes with the mark * on are held at the HOLDSS Clinic in DGMC (Hospital). Please call 424-4292 to sign up for classes or more information.

Unofficial Body Fat Measurements (Not Recognized by US Air Force)

- **BOD POD:** Measures body composition by air displacement. Call to schedule an appointment 424-4292
- **TANITA:** Measures body fat by bioelectric impedance. No appointment necessary, just walk in.

- Blood Pressure Check Unit available for use in front lobby.

CLASS DESCRIPTION

- **TOBACCO CESSATION:** 7-week program designed to help people stop tobacco use. Includes six weeks of nicotine replacement therapy (nicotine patch).
- **PREGNANCY EXERCISE:** Exercises preparing for labor, birth, and postpartum. Classes are held in the martial arts room, no appointment needed.

SUPPORT GROUPS:

- **The LIZ GROUP:** Support group for breast cancer patients.
- **PROSTATE CANCER:** Support group for prostate cancer patients.
- **ANGER MANAGEMENT:** Class helps control anger anxiety. Contact Life Skills clinic at 423-5168 to sign up.